



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

# Elite sports student's – the best practice for adaption of studies or becoming a Double Career Student.

Johan Bankel and Rebecca Zandén, Chalmers



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

In what way can Universities help  
Athlete students combining their  
sports and studies?





**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

# In what way can Universities help Athlete students combining their sports and studies?

Create and develop local guidelines and policies in order to facilitate staff and teachers with adaption tools to helping students combining elite sports and University studies. The local guidelines and policies should be inspired by the [SWEDISH NATIONAL GUIDELINES for elite athletes' dual careers, produced by Swedish Sports Confederation, RF.](#)



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## Student – athlete expectations

- What is needed to activate and become a Dual Careers student, DC-Student?
- A certificate where your level in your sports is indicated and verified, i.e. an **International Specialised Sport Federation Certificate**.
- An agreement between Chalmers University of Technology and the student.
- An introduction of what the student can expect and what we want the student to undertake.
- The student and the student's counsellor annual planning meeting.



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## Student – athlete expectations



## Sports and studies

- It is essential that student-athletes know what is expected of them and what they can expect from their university when they begin their studies. Student-athletes have a major responsibility for their success in combining high-performance sport and a university education. In order for it to work, a good interaction between the students, their sport, and their studies is crucial.



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## How can I, as a **student counsellor**, support an elite athlete?

- Every programme student has a counsellor supporting all students on the programme.
- Students can also choose whether she/he only wants reduce the pace of studies, i.e. it's possible to take **one course at a time**.
- Any changes of pace, a **study plan** need then be drawn up, if the student wants that. The student contacts their programme counsellor (study advisor) in this case.
- **Distance learning or online activities** can occur for individual courses or as part of a course.



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## How can I, as a **student counsellor**, support an elite athlete?

### Support the students

Planning meeting

Checklist

Follow-up





**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

The local guidelines and policies should be inspired by the **SWEDISH NATIONAL GUIDELINES** for elite athletes' dual careers, produced by Swedish Sports Confederation, RF.

Here are examples that in general helps students to adapt their studies at the universities

- **Adapting the times and formats of examinations**
- **Opportunity to choose on demand different laboratory and project workgroups**
  - **Distance and distributed learning**
    - **Individual pace of studies**
    - **Flexible programme syllabus**
- **Organizing a development environment for elite sports**

...





**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## Adapting the times and formats of examinations

- If student-athletes are unable to attend ordinary exams or retakes, and this will have a long-term impact on their academic progress, the university should consider whether students can be examined with another course group as soon as possible, or whether a further exam can be offered within their own course.
- If due to their sport student-athletes are elsewhere at the time of an exam (whether in Sweden or abroad), they and their home university can look into the possibility of sitting the exam in their temporary location.



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## Opportunity to choose on demand different laboratory and project workgroups

- If student-athletes are unable to attend ordinary planned project and laboratory work they should be offered alternative times for both these types of activities or similar scheduled activities. In general students should indicate the need at least 4 weeks ahead of the course start.





**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## Distance and distributed learning

- It is in the nature of many university courses that they cannot be offered as distance courses in their entirety; however, they can be adapted in such a way as to allow some if not all distance learning using a digital learning platform.





**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## Individual pace of studies

- On a needs basis, an individual programme of study for those student-athletes who cannot keep pace with a university programme full time studies or course should be offered a lower pace.





**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

## Flexible programme studies

- Making all course information and teaching materials available online,
- Encouraging lecturers to record and broadcast their lectures (including on-campus courses); and
- Allowing student-athletes to participate in seminars using video conferencing when they cannot attend in person because of their sport.



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY

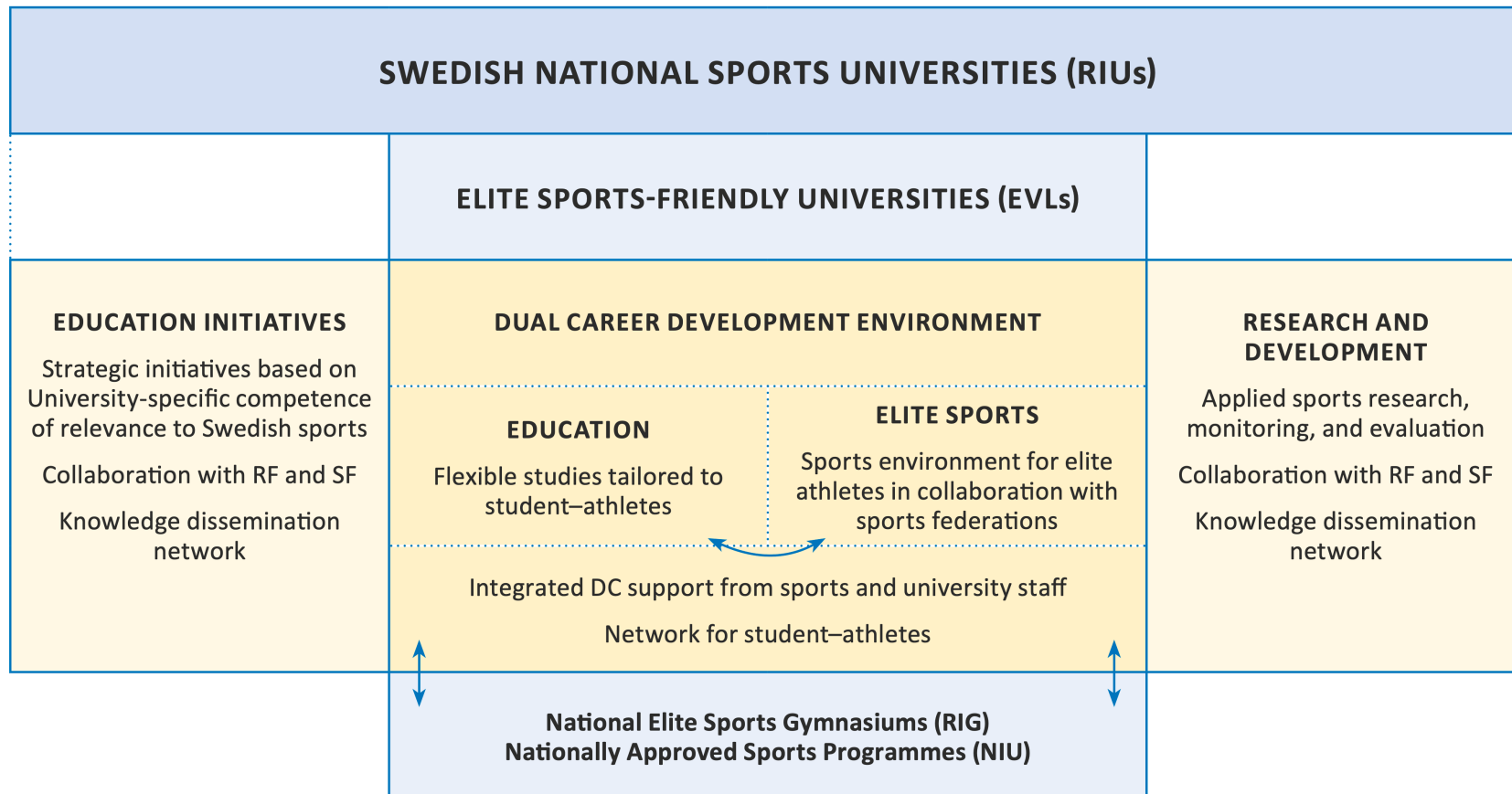


**Riksidrottsuniversitet**

## Organizing a development environment for elite sports

- Athletes train at sports clubs, and student-athletes from various sports clubs are brought together in a network managed in collaboration by, for example, the university, the student's union, a regional sports federation, a regional sports association, or other body (such as a charity or foundation).
- Athletes train mostly or entirely at a development/high performance centre (often with national team activities), managed in collaboration, for example, by a university, sports federation, sports club, and local authority.





The Swedish model for the organisation of RIUs, EVLs, and dual careers (DC).



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY



**Riksidrottsuniversitet**

# Useful links of inspiring earlier work in the area of developing study adaptations for elite sports students

Swedish sports federation, RF: [SWEDISH NATIONAL GUIDELINES for elite athletes' dual careers](#)

**THE EUROPEAN DUAL CAREER TOOLKIT: [HTTPS://STARTING11.EU/](https://starting11.eu/)**

*EU Guidelines on Dual Careers of Athletes: Recommended Policy Actions in Support of Dual Careers in High-Performance Sport (2012).* [https://ec.europa.eu/assets/eac/sport/library/documents/dual-career-guidelines-final\\_en.pdf](https://ec.europa.eu/assets/eac/sport/library/documents/dual-career-guidelines-final_en.pdf)